

# AHIMSA COVID REPORT

*“Look at flowers, butterflies, trees, and children with the eyes of compassion. Compassion will change your life and make it wonderful.” Thich Nhat Hanh*

## Report 4 (18<sup>th</sup> June to 2<sup>nd</sup> July, 2021)

Since the last two weeks, India is seeing a decline in the number of Covid 19 cases in some states. However, the surge continues in others parts of the country and hitting the interiors of villages. With the onset of the monsoons, the last week has been quite challenging. With the rains come various other illnesses affecting the poor people in the villages.

Ahimsa Team is being proactive in anticipation of the third wave expected in July, peaking end of August and September. This is most likely to affect children. Besides providing relief to those who have been detected with COVID including their families, we are now focusing on increasing the immunity of children by improving their nutrition as the third wave is anticipated to affect them. Families are also being educated on how to deal with COVID if detected in their homes.

### Work in Dehradun:

- In Dehradun, the team prepared 120 packets of dry rations and distributed in the Chandralok Basti, Rajpur Village, Dehradun. The ration packets include Wheat flour, Rice, Pulses, Salt and Oil.

### DISTRIBUTION OF RATION IN DEHRADUN



People collecting their dry food packets



A team member handing over food supplies



A team member keeping record of distribution

- We will be starting another distribution drive in the villages of Ramasari and Kairwaan located in the Uttarakhand hills, in the coming week. Prep work is on for the distribution.
- Ahimsa Trust is also looking at setting up a Covid Relief place in the Chandralok Basti, Village Rajpur, Dehradun, where people can opt to isolate or come and use the oxygen concentrator, BP machine, Oximeters etc. For that we have seen a hutment which has a good location and is easily accessible to the village folks.
- Nasal cannulas are being acquired to give along with the concentrators, to be given to different organisations including the police in the area.
- People from Chandralok Basti, Village Rajpur, Dehradun, who were initially a bit hesitant to seek support and were not very aware of Covid 19 are now grateful for the work Ahimsa is doing.

### **Work around Shantiniketan, West Bengal, India**

The rains came early to Bengal. In the last half of June, we had heavy torrential rains almost every day, making travel and work extremely difficult. We were forced to postpone our workshop on 'Understanding and Practicing the Oxygen-Concentrator' twice as part of the Covid Home Care Project in the six villages of Shantiniketan.

#### **A. Patient Update**

- In these past two months, we have had a total of 78 patients who were affected with Covid 19 and were quite sick. They are now fully recovered.

#### **B. Covid Materials in Bengali (local language)**

Covid material is prepared and distributed by the Ahimsa Team members in the local language to spread awareness amongst the people in the villages. They include the following:

- What is Covid and how does it spread?
- The importance of double masking and how to wear both masks.
- The importance of hand washing and how to wash hands properly.

- What is a pulse oximeter and why is it needed for some Covid patients?
- The Oxygen concentrator.
- What foods should be eaten to improve immunity?
- The importance of cleaning bathrooms- especially in times of Covid.
- What herbal preparations do we have to combat coughs and colds?

### C. Workshop on 'Understanding and Practicing the Oxygen-Concentrator'

- On 21<sup>st</sup> June a workshop was held to understand and practice how to use the Oxygen concentrators. Each team member tried out the oxygen concentrator and read the materials that will be distributed to people who avail of this service.



*Team members attending the workshop*

- One Concentrator is in the house of Suchitra Lohar. Her son, Jayanto, was also present at the workshop. Chandana Dey suggested that Suchitra buy a plastic table so that the Concentrator could rest on the table.
- Extra nasal cannulas have also been purchased, along with distilled water. In the first round of demonstrations, the same 22 people who own smartphones and who have learnt how to use pulse oximeters, came in small batches, to team members Suchitra's and Lakhi's houses. The follow-up exercise will involve these 22 people teaching a few others.
- The Ahimsa team is collecting a series of educational videos on Covid that will be sent to people who have smartphones. After sending the videos, the team members will follow up with discussions of what people saw, what they understood and what they want further clarifications on. Soon, we will encourage these young people to further spread the word on Covid.



*Team members learning to use oxygen concentrators*

#### **D. Children's Covid Contact Programme**

In anticipation of the third wave coming up and the likelihood of it affecting children; Ahimsa will embark on a Children's Covid Contact Programme in the first week of July.

- A list of mothers and children has been drawn up for each village. The activities will span the first two weeks of July.
- We are going to be speaking to all the mothers to find out about who will be responsible for the children when they go out to work, as by mid-July farming will start. The villages will be empty since all the villagers will be in the fields.
- Unfortunately, none of the primary schools are functioning in any village. We are concerned about the health and nutrition status of the children at this critical time.

We thank you all for your continued support and good will.

With kind regards and gratitude,

Ahimsa Community



### *Some excerpts from the Supervisor's Diary:*

- Hariharan Das drives a Toto. His entire family fell ill. He heard from someone living in Taltor about Ahimsa's outreach programme. He spoke to Subhas who explained about Covid and asked him to go and get tested. The family got tested in Sian Hospital- Hariharan tested negative while his wife and daughter were Covid positive. Hariharan told Subhas that his advice was very useful- especially the need for steam inhalation and the proning position for patients.
- Ananda Das lives in Darpashila. He fell ill and had breathing difficulty. He got in touch with us and got medicines from Dr Ganguly. His breathing improved after two days of medication. Ananda spoke to many people about Ahimsa's outreach programme and persuaded a neighbour, Nirmal Das, who was also unwell to avail of our Covid Home Care Programme.
- Purnima Das is a member of the 100 Gardener Group and lives in Darpashila. At first she was reluctant to go to the doctor, because she was worried about the two weeks of mandatory quarantine. When she saw others recovering, she decided to avail of the Covid Home Care Programme.
- Dhanajoy Das and his father, Renupada Das live in the village of Notundanga. They both fell sick at the same time and were treated by Dr Ganguly. Anuradha rang them to find out how they were keeping. They said that both were better, though still feeling weak. Dhananjoy said, 'Didi, you are really good people to arrange this treatment for us. We would not have been able to afford the medicines at this time'.

### **MORE PHOTOS FROM THE WORKSHOP**

Team member helping to set up the concentrator



Anuradha Mondal tightens the loop of the nasal cannula



Lakhimoni Kisku fills distilled water in the humidifier.



Subhas Das tries out the oxygen concentrator

